

# Lindfield Activity Centre Menu



## Sweden Week

\*Fruit, veggies and water are available at all times

Term 3 Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	VACATION CARE	Cereal, Toast & Spreads <b>Smoothies</b>	Cereal, Toast & Spreads <b>Wholemeal Pancakes</b>	Cereal, Toast & Spreads <b>Porridge</b>	Cereal, Toast & Spreads <b>Beans on Toast</b>
Afternoon Tea		<b>Pyttipanna</b>	Sandwiches ***	<b>Swedish Meatballs</b>	Potato Bake ***
Late Snack		Cruskits with Spreads ***	<b>Swedish Ginger Cookies</b> ***	Sakatas with Dip and Cheese	<b>Swedish Pancakes (Pannkakor)</b>

■ = Vegetarian Option  
 ■ = Preparation  
 ■ = Activity with Children  
 ■ = Child Suggestions  
 ■ = Culture Meal

At Lindfield Activity Centre the children will enjoy healthy, wholesome meals catering to all individual needs and diets.

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## Brazil Week

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Term 3 Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, Toast & Spreads <b>Wholemeal Pancakes</b> Defrost pastry	Cereal, Toast & Spreads <b>Orange Juice</b> Chop vegetables	Cereal, Toast & Spreads <b>English Muffins</b> Defrost Bread	Cereal, Toast & Spreads <b>Porridge</b> Cut veggies/Make Rice	Cereal, Toast & Spreads <b>Crumpets</b> Prepare some mixture in Morning
Afternoon Tea	Mac and Cheese (Non Veggie)	<b>Brazilian Picadillo</b>	Cheese and Ham Toasties Tomato and cheese	Sushi (Use avocado, cucumber & carrots)	<b>Brazilian Cheese Bread</b> (Pao de Queijo) (Make batch without cheese)
Late Snack	<b>Pineapple Turnovers</b>	Smoothies	<b>Alfajores</b>	Weetbix Slice ***	Corn thins ***

■ = Vegetarian Option

■ = Preparation

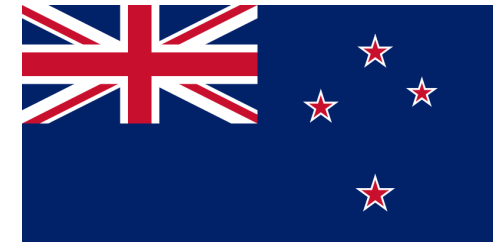
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# Lindfield Activity Centre Menu



## New Zealand Week

\*Fruit, veggies and water are available at all times\*

Term 3 Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, Toast & Spreads <b>Cheese Toasties</b>	Cereal, Toast & Spreads <b>Yoghurt</b>	Cereal, Toast & Spreads <b>Baked Beans</b>	Cereal, Toast & Spreads <b>Porridge</b>	Cereal, Toast & Spreads <b>Milo</b>
Afternoon Tea	Spinach and Feta Turnovers	<b>Sweet potato Hot chips</b> (Kūmara)	Napoletana Pasta	<b>Southland Cheese Rolls</b>	Butter Chicken
Late Snack	<b>Fairy Bread</b> ***	Corn thins with Spreads	Soas with spreads and Cheese	Berry Muffins	<b>Hokey Pokey Ice Cream</b> *** (Is Gluten Free)

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## Egypt Week

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Term 3 Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Banana Pancake Bites</b> Cereal Toast & Spreads	<b>Crumpets</b> Fruit, Cereal Toast & Spreads	<b>Yoghurt</b> Fruit, Cereal Toast & Spreads	<b>Cheese Toasties</b> Fruit, Cereal Toast & Spreads	<b>Smoothies</b> Fruit, Cereal Toast & Spreads
Afternoon Tea	Egyptian Feta Spread and Pita Bread	Pumpkin Soup	Veggie Rice Paper Rolls	Egyptian Falafel (Ta'ameya)	Fried Rice
Late Snack	Smartie Cookies ***	Cruskits with spreads ***	Egyptian Sweet Couscous ***	Corn chips and Salsa	Umm Ali ***

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Indonesia Week

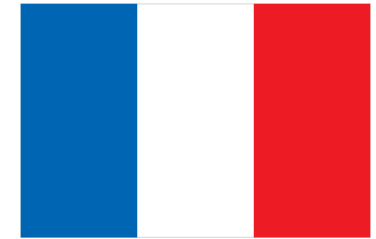
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Term 3 Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Porridge</b> Fruit, Cereal Toast & Spreads	<b>Baked Beans</b> Fruit, Cereal Toast & Spreads	<b>Wholemeal Pancakes</b> Fruit, Cereal Toast & Spreads	<b>English Muffins</b> Fruit, Cereal Toast & Spreads	<b>Milo</b> Fruit, Cereal Toast & Spreads
Afternoon Tea	Toasties ***	Mie Goreng (Indonesian Fried Noodles)	Cheese and Vegemite Scrolls	Nasi Goreng (Indonesian Fried rice)	Pepperoni Pizza Pockets Cheese only
Late Snack	Martabak Manis (Indonesian Thick Sweet Pancakes)	Saos with spreads ***	Scones ***	Sakata's, Dip, Cheese and Veggie Sticks	Klepon (Indonesian Sweet Rice Cakes)

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France Week

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Term 3 Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Cheese Toasties</b> Cereal, Toast & Spreads	<b>Hash Browns</b> Cereal, Toast & Spreads	<b>Porridge</b> Cereal, Toast & Spreads	<b>Banana Bite Pancakes</b> Cereal, Toast & Spreads	<b>Yoghurt</b> Cereal, Toast & Spreads
Afternoon Tea	<b>Potato Bake</b> ***	Pumpkin Soup	Napoletana Pasta	<b>Toasted Baguettes</b> (Served with butter, jam, cheese, ham + cream cheese)	<b>Sausage Rolls (Homemade)</b>
Late Snack	<b>Weetbix Slice</b> ***	Ritz, Cheese Cubes and Dip	<b>Savory Crepes</b>	Chocolate Dipped Banana Bites	<b>Saladas and Spreads</b> ***

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Canada Week

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Term 3 Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Pancakes</b> (Banana in freezer) Cereal, Toast & Spreads	<b>Yogurt</b> Cereal, Toast & Spreads	<b>Beans</b> Cereal, Toast & Spreads	<b>Crumpets</b> Cereal, Toast & Spreads	<b>Avo Toast</b> Cereal, Toast & Spreads
Afternoon Tea	Napoletana Pasta	Fried Rice ***	Wedges (With sour cream and sweet chili sauce)	Quesadillas ***	Mac and Cheese
Late Snack	Smartie Cookies ***	Pancakes with maple syrup	Honey Joys	Corn Thins and Spreads ***	Milo Slice ***

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## South Africa Week

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Term 3 Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Yoghurt</b> Cereal, Toast & Spreads	<b>Wholemeal Pancakes</b> Cereal, Toast & Spreads	<b>Milo</b> Cereal, Toast & Spreads	<b>Hash Browns</b> Cereal, Toast & Spreads	<b>English Muffins</b> Cereal, Toast & Spreads
Afternoon Tea	Jollof Rice	Cheese and Vegemite Scrolls	Cheesy Herb Bread	South African Yellow Rice	Garlic and Cheese Naan
Late Snack	Saos with Spreads ***	Qumbe	Scones ***	Cruskits and Spreads ***	Strawberry Jam and Cream Puffs ***

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## South Korea Week

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Term 3 Week 9	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Crumpets</b> Cereal, Toast & Spreads	<b>Pancakes</b> Cereal, Toast & Spreads	<b>Porridge</b> Cereal, Toast & Spreads	<b>English Muffins</b> Cereal, Toast & Spreads	<b>Milo</b> Cereal, Toast & Spreads
Afternoon Tea	Sandwiches	<b>Kimbap</b> ***	<b>Sweet Korean Crispy Chicken and Rice</b>	<b>Fried Rice</b> ***	<b>Korean Vegetable Pancakes</b>
Late Snack	Corn thins and spreads ***	Anzacs Biscuits	Veggie sticks, crackers and Dips	Saos with Spreads ***	Frozen Yoghurt

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 ■ = Culture Meal

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## Germany Week

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Term 3 Week 10	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Yoghurt</b> Cereal, Toast & Spreads	<b>Banana Bread</b> Cereal, Toast & Spreads	<b>Smoothies</b> Cereal, Toast & Spreads	<b>Crumpets</b> Cereal, Toast & Spreads	<b>Avo Toast</b> Cereal, Toast & Spreads
Afternoon Tea	Toasties	Wedges	Nuggets ***	Sausage Sizzle *** ***	Pumpkin Soup
Late Snack	Jelly and Fruit	Fairy Floss + Crackers and Dip ***	Snow Cones + Pretzels *** ***	German Pancakes (Apfelpannkuchen)	Ice Cream

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 ■ = Group Goal Rewards 
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